
30 Days of Inner Growth

A guided journal to help you step into the next chapter

Lunar Leo Design

lunarleodesign.com

Welcome to your next 30 days.



This journal is a place to slow down and notice how you're growing, especially in the quiet, everyday ways that are easy to miss.

Each page has a prompt, an affirmation, or space to reflect. There's no right way to use it. Write a little or a lot, go in order or skip around, and come back to the pages that stay with you.

Thirty days from now, you'll have a record of where you started and how far you've come.

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Affirmations



Affirmations

My past does not define what I am capable of now.

I am allowed to outgrow the roles other people assigned me.

Confidence is not the absence of doubt. It is moving forward with doubt present.

I can be kind to myself without conditions.

What I bring to the table matters, even when no one acknowledges it.

I am learning to take my own side.

I don't need to justify my existence or my choices to anyone.

I am allowed to feel proud of myself without waiting for someone else to say it first.

I can feel uncertain and still act with confidence.

My needs are not an inconvenience.

I don't have to be the best to be valuable.

I can trust my own judgment, even when others disagree.

I am allowed to be good at things without apologizing for it.



Journal Prompts



Prompt 1 of 7

When was the last time you felt genuinely proud of yourself? What made that moment matter?



Prompt 2 of 7

Name a belief about yourself that you've outgrown. What would you replace it with?



Prompt 3 of 7

What is one thing you do well that you rarely give yourself credit for?



Prompt 4 of 7

If your confidence didn't depend on anyone else's opinion, what would change first?



Prompt 5 of 7

Write a list of ten things your body has done for you that have nothing to do with how it looks.



Prompt 6 of 7

When you imagine a more confident version of yourself, what specifically is different? Not in appearance, but in how you move through the day.



Prompt 7 of 7

Write about something you've accomplished that once felt impossible. What did it take, and have you let yourself fully acknowledge it?





Reflections



What's on my mind right now

What I'm letting go of

What I'm inviting in

One thing I want to remember



Gratitude



Today I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

Thank you for journaling with me.



Finishing a journal is its own small win. Take a moment to look back through these pages and notice what's changed, even if it's only how you talk to yourself.

Keep this journal somewhere you'll see it. On harder days, it's proof that you've already done the work of showing up.